

CSAP Awards Government "Seal of Approval" to 28 Substance Abuse Prevention Model and Promising Programs



Ruth Sanchez-Way, Director of the Center for Substance Abuse Prevention

Continuing its efforts to assist communities across the nation in combating substance abuse, the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP) held a press conference on May 17, 2001 at the National Press Club to unveil newly recognized substance abuse prevention programs that are preventing and reducing illegal drug and alcohol abuse in communities across America.

The 20 new model programs were selected this past year after a rigorous scientific review of more than 200 prevention programs nationwide by the National Registry of Effective and Promising Programs (NREPP). Eight promising programs also were selected



20 Model and 8 Promising substance abuse prevention program developers that were honored at the 2000 CSAP Exemplary Awards Ceremony.

through a collaborative process involving NASADAD and CADCA. All these programs offer community-based effective strategies designed to curb the rise of substance and alcohol abuse. The award-winning programs are located in 17 States.

The 2000 Exemplary Substance Abuse Prevention Programs Guide that provides background information on the 28 honored programs is now available by going to the CSAP Model Programs Web site at <http://www.samhsa.gov/centers/csap/modelprograms/default.htm#news>.

CSAP Holds Model Programs Conference in Kansas City, MO

On April 30th through May 4th 2001, CSAP held a training conference, *From Research to Practice, Implementing CSAP Model Programs* in Kansas City, Missouri. Over 330 people attended the event, which provided an opportunity for developers to showcase and provide training for fourteen model programs.

Model programs represented at this conference were: Across Ages, Athletes Training and Learning to



Alvera Stern, Acting Director DPAE; Nelia Nadal, Public Health Analyst, DPAE; Andrea Taylor, Across Ages Developer.

Avoid Steroids (ATLAS), Communities Mobilizing for Change on Alcohol, Creating Lasting Family Connections, Dare To Be You, Keep A Clear Mind, Life Skills Training, Project ALERT, Project Northland, Project Toward No Tobacco Use, Reconnecting Youth, Residential Student Assistance Program, Strengthening Families



Michael Young, Keep a Clear Mind; Stephen Gardner, Acting Deputy Director DKDE; Alvera Stern, Acting Director DPAE; Steven Shinke, NREPP Intersystems Director.

Program, and the Child Development Project.

In addition to the trainings, CSAP held meetings with the Office of National Drug Control Policy (ONDCP), Community Anti-Drug Coalitions of America (CADCA), Single State Agency Directors and National Prevention Network (NPN) representatives, and program developers to discuss 'next steps' to increase communities' ability for program readiness, which in turn will help to ensure widespread dissemination and success of the model programs.

Newly Featured Model Programs

The Nurse-Family Partnership program, developed by David Olds, is a nurse home-visiting program, which focuses on physical health, parenting skills, Partners in Parenting Education (PIPE), and assessing non-verbal communication with mothers and infants. The primary program goals are to delay second pregnancies, improve maternal health, and improve birth outcomes and early childhood development.



Due to the public's overwhelming reception, the program has been disseminated, so far, on a demand-only basis. No direct efforts from program staff to market the Nurse-

Family Partnership program have been initiated. The program grew from about 5 sites to 200 counties in 24 States, including California, Pennsylvania, and North Carolina. For additional information, visit the Nurse-Family Partnership Web site at <http://www.nccfc.org/>.

Multisystemic Therapy

Multisystemic Therapy (MST) is a family and community-based intervention for youth with identified substance abuse or dependence. The program focuses on youth, ages 12 to 17, usually from the juvenile justice system at imminent risk of being placed in an out-of-home juvenile facility, with identified substance



abuse or dependence.

MST uses a home-based model of service

delivery. Therapy treatments are designed to last 4 or 5 months. MST services are more intensive than traditional family therapies (e.g., several hours of treatment per week vs. 50 minutes). Multiple therapist-family contacts occur each week, as determined by family need.

The major goal of MST is to empower parents with the skills and resources needed to independently address the difficulties that arise in raising teenagers and to empower youth to cope with family, peer, school, and neighborhood problems.

MST has countrywide dissemination in Norway with 23 sites; numerous sites in Ontario, Canada; and upcoming sites in Ireland. The main thrust of MST in the United States has been in Colorado and Ohio. For additional information, visit the MST Web site at <http://www.mstservices.com/>.

Bullying Prevention Program

The Bullying Prevention Program is a multicomponent program designed to reduce and prevent bullying problems and other antisocial behavior in schools. School staff is largely responsible for introducing and implementing the program, and their efforts are directed toward improving peer relations and making the school a safe and pleasant place. The program attempts to restructure the existing school environment to reduce opportunities and rewards for

bullying behavior.

Developed by Norwegian professor Dan Olweus, this school-based program is both systems and individual oriented, with intervention components at the school, classroom, and individual levels. Because of the relationship between aggressive behavior and current and later substance abuse, counteracting bullying behavior is also likely to prevent and reduce substance abuse. The program targets students in elementary, middle, and junior high schools. All students participate in most aspects of the program, while those students identified as bullies or victims of bullying receive additional individual interventions.

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) selected the Bullying Prevention Program as one of their 10 Blueprints Model programs. Beginning in 2001, the Norwegian Government offered the Bullying Prevention Program to all comprehensive schools in Norway through a systematic training program over a period of 4 to 5 years.

Additional information on Nurse-Family Partnership, MST, the Bullying Prevention Program and all newly recognized CSAP Model Programs may be accessed at <http://www.samhsa.gov/centers/csap/modelprograms/pdfs/exemplarybooklet.pdf>

Six CSAP Model Programs Designated as Exemplary by U.S. Department of Education (ED)

Six CSAP Model Programs have been designated 'Exemplary' by the U.S. Department of Education's (ED) Expert Panel on Safe, Disciplined, and Drug-Free Schools. ED recently completed its review of 132 programs submitted for exemplary status in their commitment to a drug-free future. The panel selected programs based on their demonstrated effectiveness and potential for replication throughout the Department's National Education Dissemination System. The panel identified nine exemplary programs, which include six CSAP Model Programs.

- Athletes Training and Learning to Avoid Steroids (ATLAS)
- Project Northland

- Project Toward No Tobacco Use (TNT)
- Strengthening Families Program
- Project ALERT
- Life Skills Training

Information on ED's exemplary programs is available at http://www.ed.gov/offices/OERI/ORAD/KAD/expert_panel/2001exemplary_sddfs.html.

Project ALERT Makes Bold Expansion



Project Alert Session

The BEST Foundation for a Drug-Free Tomorrow, responsible for the dissemination and replication of Project ALERT, has announced a staff expansion. The 70 percent increase in personnel is reflective of Project ALERT's increasing national presence.

With educators trained in nearly one third of all school districts, the BEST Foundation on average trains more than 4,700 Project ALERT educators per year and provides ongoing technical assistance to more than 16,000 educators. The expanded staff will allow BEST to continue its increased focus on quality of implementation issues.

Craig Blakely, Ph.D., of the Public Policy Research Institute, located at Texas A&M University, and Judy Coulter, formerly of CSAP, have entered into an affiliation with BEST/Project ALERT to develop a fidelity instrument.

Recently, school districts in Seattle, New York, Waco, Laredo, and Jersey City enhanced their ongoing partnership with Project ALERT by training additional staff.

Drug Czar and Other National Dignitaries Visit Creating Lasting Family Connections

The Acting Director of the President's Office of National Drug Control Policy, Ed Jurith, joined Aldermanic President Steve Magre on a visit to The Council on Prevention and Education Substances (COPEs). COPEs is currently training a team of National Master Trainers who will train the nation in their highly effective substance abuse and violence prevention program. This weeklong training for the Creating Lasting Family Connections (CLFC) program is being conducted at the COPEs headquarters in Louisville, Kentucky.

Mr. Magre has been a long-time supporter of substance abuse and violence prevention efforts in Louisville. The visit by the President's Drug Czar culminated in a graduation ceremony for the trainees. The event took place at 10:30 a.m., Friday, March 30, 2001, at COPEs.



Darlind Davis, ONDCP Office of Demand Reduction, Branch Chief; Ted Strader, Exec. Dir. COPEs; Mark Roberts, Master Trainer, New Hampshire; Ed Jurith, ONDCP Acting Director/Drug Czar; Steve Magre, City of Louisville Alderman Pres.; Sandra Lawson, ONDCP Office of Demand Reduction, Sr. Policy Analyst.

Ted N. Strader, founder and Executive Director of COPEs, is the designer of CLFC. The Center for Substance Abuse Prevention (CSAP), the National Prevention Network (NPN), the Office of Juvenile Justice and Delinquency Prevention (OJJDP), Department of Education (ED), and the International Youth Foundation have all recognized CLFC as a national (and international) substance abuse and violence prevention model. For more information about the program, contact Teresa Boyd, Master Trainer, or Ted N. Strader at (502) 583-6820.

Child Development Project Receives Commendations from U.S. Department of Education(ED)

The Child Development Project (CDP) was recently cited as a 'Promising' program by ED's Expert Panel on Safe, Disciplined, and Drug-Free Schools. The program also has been recognized as an exemplary program by school reform groups and professional organizations such as the Charter Education Partnership and the National Association of Elementary School Principals. Extensive evaluation of this program showed that by impacting children's sense of connection to schools it promotes academic motivation, social and emotional learning, character development, and reduces and prevents high-risk behaviors such as alcohol and marijuana use.

Beginning this Spring the Developmental Studies Center offered newly revised professional development for their staff using "modular" workshop materials and instructional videos to supplement classroom materials from CDP. For more information, contact Denise Wood of Developmental Studies Center at (800) 666-7270 or www.devstu.org.

Sacramento, CA's Keep A Clear Mind's Program Keeps Busy

The Asian Pacific Community Counseling's Keep A Clear Mind (KACM) Implementation project serves school-based and/or after-school Vietnamese and Laotian students in the Sacramento area.

Recent activities included:

- Created and distributed a newsletter.
- Organized and conducted two field trips: (1) to a demolition derby called 'monster jam.' (2) to the local IMAX theater to see the movie Galapagos.
- Conducted presentation on smokeless tobacco.
- Conducted drug prevention sessions involving role-playing sessions where students were presented with everyday culturally

relevant situations where they might be offered drugs or alcohol. Students had to use their personally created "no" statements on how to refuse, alcohol/drugs when offered. (See "no" statements below.)

- Provided daily snacks and other appropriate supplemental program-related incentives.
- Initiated development of a web page at www.apccyouthforever.50megs.com to promote the program.

Student's "No" Statements

- "No way it's not for me."
- "Are you out of your mind? No!"
- "No, I'll pass. I [also] don't drink."
- "No way, I'll pass."
- "No, I'm too young and it's bad for you."
- "No way, I don't need it to be cool."

Utah Schools Adopt the ATLAS Program in Effort to End Steroid Use



Rocky Anderson, Salt Lake City Mayor; Diane Elliot, ATLAS co-founder; Linn Goldberg, co-founder; Ruth Sanchez-Way, Director, Center for Substance Abuse Prevention (CSAP).

High schools in Salt Lake City, Utah, began a new teen drug intervention peer counseling program to address the increase in adolescent abuse of steroids and performance-enhancing dietary supplements. The program, called Adolescents Training and Learning to Avoid Steroids (ATLAS), targets male students on high school sports teams. Under the ATLAS program, trained student athletes lead unstructured discussions with teammates about alcohol consumption, marijuana, steroids, and sports supplements while training and competing.

"We're not saying, 'Don't do this, don't do that,' and we don't deny steroids do work faster in making you

bigger and stronger," said physician Linn Goldberg, co-developer of the ATLAS program. "But the kids are asked, 'If you're on the top of an eight-story building and there's a small net down below, what's the fastest way to get down?' You may hit that net, but there is a slower and safer way to reach your goal."

Dr. Alan Leshner, Director of the National Institute on Drug Abuse commented, "We are eager to follow the ATLAS program in the Salt Lake City schools. This program, developed with our support and funding, has shown significant effects in preventing drug use and other risky behaviors by high-school students." Utah schools began implementing the ATLAS program this Spring.

Tougaloo College Implements "Across Ages" Model Program

The Tougaloo College Family Life Center's Family and Community Violence Prevention Program (FCVPP) in Jackson, Mississippi, was selected by Central State University's Management Team and the Department of Health

and Human Services' Office of Minority Health as a substance abuse prevention pilot site. FCVPP launched Across Ages, a CSAP Model Program in November 2000. The program is a research-based, intergenerational, multifaceted, mentoring initiative. It is being conducted at Walton Elementary School.

Involvement of older adults (55 years of age and older) as mentors for young people is vital to this program's success. Each student who enrolls in the after-school program is paired with a mentor who serves as advocate, counselor, challenger, nurturer, and friend. Older mentors help children develop awareness, resiliency, self-confidence, and skills they need to overcome overwhelming obstacles.

"The volunteers will serve as positive role models by providing quality time, leadership, and invaluable life experiences," said Felicia Whittington, executive director of FCVPP.

Other components of Across Ages include community service, life skills education, and family activities. These components provide a comprehensive, well-rounded program that has been proven over time to increase school attendance, knowledge about the negative effects of alcohol and

tobacco use, and the ability of youth to appropriately respond to situations involving substance use.



Felicia Whittington (second from left), Director Tougaloo Across Ages Mentoring Program and participants.

Save the Date

July 26, 2001, 1 P.M. to 3 P.M. EST

The Community Anti-Drug Coalitions of America (CADCA) will satellite broadcast, *Athletes and Drugs: Competing Against Substance Abuse*. Drs. Diane Elliott and Linn Goldberg, CSAP Model Program developers and creators of the ATLAS program, are panelists. For additional information visit <http://www.cadca.org/Events/SatelliteBroadcasts/SatelliteBroadcasts.htm>

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